



predatorrugbyclub.org



FOX VALLEY PREDATOR RUGBY

**YOUTH BOYS AND
GIRLS
AGES 8 - 19**

No experience necessary!

Teamwork

Rugby has been called the ultimate team sport, in order to succeed it is a whole team effort.

A spot for everyone

Unlike many sports there is a spot for everyone regardless of size or ability. EVERYONE running with the ball, tackling and passing is what makes the rugby so great.

Fitness

Rugby consists of 25-35 minute halves with nonstop action. Players play both offense and defense with few breaks in play so fitness is paramount to excel at rugby.

